

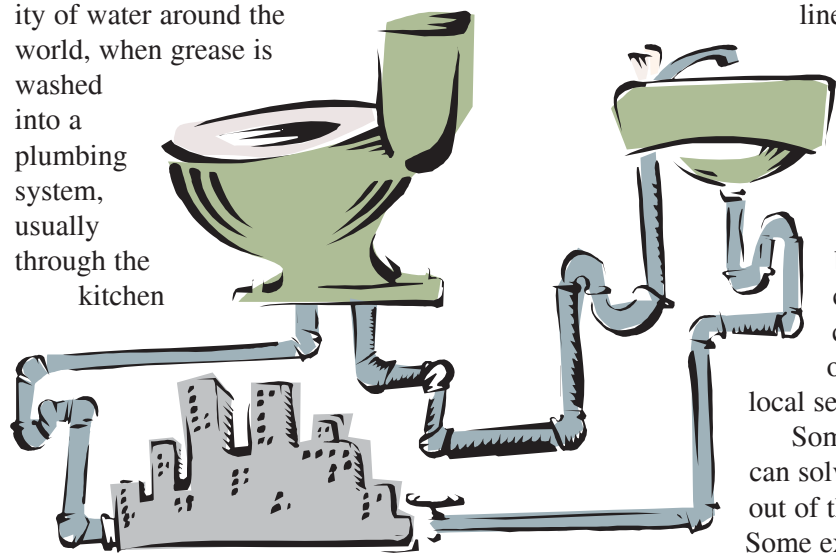
# Sewer overflows damage health, homes

By Airman 1st Class Susan Penning  
Staff writer

Fats, oils and greases don't just clog arteries; they also clog sewers and cause overflows. These overflows can contribute to health hazards, home damage and threaten the environment.

The buildup of grease in sewer lines is a growing problem that has cost Shaw thousands of dollars, hundreds of man-hours and a multitude of environmental concerns, said Col. Bryan Kuhlmann, 20th Mission Support Group commander.

According to the Water Environment Federation, a non-profit organization that works to preserve and enhance the quality of water around the world, when grease is washed into a plumbing system, usually through the kitchen



sink, the grease cools, solidifies and sticks to the inside of the sewer pipe. Over time, the grease builds up on the inside of the pipe and can eventually block the pipe entirely.

According to the WEF, grease can be found in such things as meat fats, lard, cooking oil, shortening, butter and margarine, food scraps, baking goods, sauces and dairy products. Commercial additives, including detergents, claiming to dissolve grease may solve the problem temporarily, but could pass grease down the sewer line and cause problems in another area.

Grease is the number one cause of sewer blockage here at Shaw, said Master Sgt. Willie Jackson, 20th Civil Engineer Squadron utilities superintendent. If a sewage pipe gets too blocked, the whole line must be dug up, which makes for an expensive and lengthy process.

According to the WEF, sewer blockage can cause raw sewage to overflow in homes, parks, yards and streets and lead to expensive and unpleasant cleanup that often must be paid by the homeowner. It also causes potential contact with disease-causing organisms and an increase in operation and maintenance costs for local sewer departments.

Some of the easiest ways base members can solve the grease problem is to keep it out of the sewer system in the first place. Some examples are listed to the right.

## What you can do to help

- 1) Don't pour grease down a sink drain or into toilets.
- 2) Scrape grease and food scraps into the trash for disposal or recycling.
- 3) Don't put grease down garbage disposals. Home disposals only shred compost material into smaller pieces. They don't keep grease out of the drain.
- 4) Don't flush any objects besides toilet paper down the toilet.



# Shaw youth attends Teen Aviation Camp

By Adriene M. Dicks  
Correspondent

The 15-year-old son of a retired Coast Guard member was able to see what his academic future could possibly be like when he attended the Air Force Teen Aviation Camp at the Air Force Academy in June.

Robert Lee Jr., son of Barbara and retired Petty Officer 2nd Class Robert Lee, was one of 36 high school students from around the world to attend the week-long camp at the academy in Colorado Springs, Colo., and the only student to ever be chosen from Shaw, according to Debra MacQueen, director of Youth Programs.

According to Lee, the fact that no one from Shaw had attended the camp before made him want to go even more because he loves a challenge.

"I already had it set in my mind that I would be going," said Lee. "I am always motivated to do the best at whatever I decide I am going to do." Barbara said her son becomes completely dedicated and committed in whatever he gets involved.

Lee is exactly the type of student the camp is meant to reach – high school sophomores and juniors interest in attending the Air Force Academy or making the Air Force a career. Attending the camp is a chance for potential academy students to see what it's really like to be a cadet there. According to Lee, more than 140 students worldwide applied to attend the camp.

"Attending the academy for college is already a goal of mine," said the high schooler. "Going to the camp makes me want to strive harder to reach that goal."

In the effort to make the camp really like being a student at the academy, the campers were able to

complete the physical aptitude examination the cadets must complete. According to Lee, the examination included push-ups, pull-ups, the standing long jump, the kneeling basketball throw and the 300-yard shuttle.

"Having to do the physical aptitude examination was a good experience for me because it lets me know what I need to be an athlete at the academy, not just a student, because I would also like to be on the football team," said Lee.

Although going to class is not something many students look forward to during summer vacation, Lee says he was more than happy to attend the classes the academy had scheduled for him and the other campers.

"I enjoyed the classes not only because of the activities we got to do but also because it helped me to learn exactly what to focus on once I become a student at the academy," said Lee. "I want to be a well-rounded student."

Some classes allowed the potential cadets to get hands-on experience as far as what would be expected of a student who would like to be a pilot. The students were able to use simulators and fly in a T-38. One of most memorable experiences for Lee was building a glider.

"I liked building the glider because in the process we got to see what worked and what didn't work, and we got to keep our gliders at the end of the project," said Lee.

Other activities included tours of astrolabs, the chapel and athletic centers.

"The chapel was amazing and they have a huge array of facilities for athletes," said Lee.



Courtesy photo

**Lee sits a cockpit simulator while attending the Teen Aviation Camp at the Air Force Academy in Colorado Springs, Colo.**

U.S. Sen. Lindsay Graham, R-S.C. would like to see the academy hopeful return to the camp next summer, possibly as a junior counselor, according to Lee's mother.

Lee can add attending Teen Aviation Camp to his list of activities and awards. Currently, the Crestwood High School student maintains a 4.4 grade point average. He is a member of the AFJROTC program (drill team), the Civil Air Patrol and the wrestling and football teams. He was also named in Who's Who Among American High School Students and received a \$20,000 scholarship from Newberry College in Newberry, S.C., for being named Outstanding Male Cadet at Cadet Officer Leadership School.

According to Lee, attending the Teen Aviation Camp is an experience that will have a lasting impact on his life, and he and his family would like to thank Team Shaw for all the support given them for this trip.



## Carolinas' Civil Air Patrol experiences Air Force life at Shaw



Photo by Staff Sgt. Lee Watts

Above, Civil Air Patrol cadets from North and South Carolina march to the loading zone, near Shaw's hot cargo pad, to board a cargo plane for an orientation flight over the base and Columbia, S.C.



Photo by Staff Sgt. Lee Watts

Above, Cadets ride in a deuce and a half operated by 20th CES Readiness Flight personnel. They also had orientation in chemical warfare defense and unexploded ordnance identification.

Right, Cadets experience the effects of reduced gravity during flight aboard a C-17 Globemaster III cargo plane from Charleston Air Force Base, S.C. The CAP is an Air Force auxiliary specializing in search and recovery of downed aircraft.



Photo by Tech. Sgt. Marie Pintar

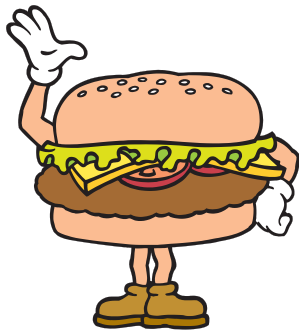
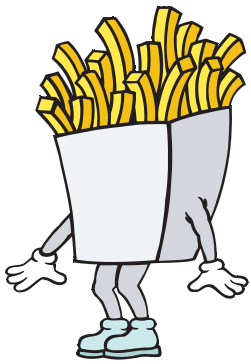
Above, One of more than 150 Civil Air Patrol cadets visiting Shaw July 2 negotiates a wire crossing suspended above a water hazard at the 20th Civil Engineer Squadron Readiness Flight confidence course. After completing the course, cadets ate meals ready to eat. This is the CAP's seventh visit to the base as part of its annual summer encampment. The 20th CES Readiness Flight hosted the youth in support of the 20th Fighter Wing Public Affairs community relations program.



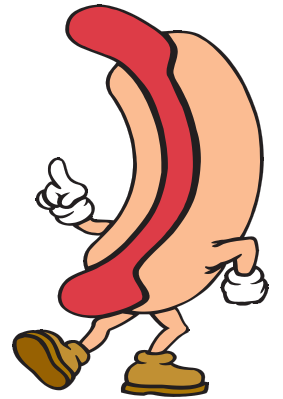
Photo by Staff Sgt. Lee Watts



The Chief Master Sgt. Emerson E. Williams  
Dining Facility now has Grab-n-Go service  
and extended hours Mondays-Fridays



5:30-7:30 a.m. Breakfast  
7:30-11 a.m. Grab-n-Go  
11 a.m.-1 p.m. Lunch  
1-4:30 p.m. Snack bar/Grab-n-Go  
4:30-7 p.m. Dinner  
7-11 p.m. Grab-n-Go  
11 p.m.-12:30 a.m. Midnight meal



# High summer temperatures hazardous to pet health

By Adriene M. Dicks  
*Correspondent*

During the summer months, heat and humidity can rise to levels hazardous to the health of people and their pets. It is up to pet owners to meet the special needs of pets to keep them safe in hot weather.

Simple steps should be taken to prevent the lasting effects of heat exposure to pets.

Heat and humidity make it difficult for an animal to rid its body of excess heat, which can lead to death more quickly than for their owners, according to the American Society for the Prevention to Cruelty to Animals. For humans, the body’s reaction to overheating is to sweat, but cats and dogs only have the ability to sweat around their paws, which is not enough to cool their bodies. Their only other means of ridding themselves of excess heat is panting. Plenty of fresh, cool water on a regular basis and a shady place to rest should be provided for any pet left outside in the heat of the day.

It is common for pets to be left alone in cars while their owners travel or run errands. According to the ASPCA, pets should be left at home or with a kennel if leaving them in a car is the only other alternative. With the high humidity common to the South, the temperature inside a car can rise to 102 degrees Fahrenheit in 10 minutes and 120 F in 30 minutes even with the windows slightly open, when it is actually 85 F outside the car. A dog’s normal

body temperature is between 101 – 102.5 F. And, it is only able to withstand temperatures up to 108 F. Exposure to high temperatures in the confined space of a car, even for a short period of time, can cause irreparable brain damage or death.

Owners should also be aware of their pets’ weight when it comes to high temperatures. According to the ASPCA, extra layers of fat can cause a pet to overheat because the fat acts as insulation and causes the restriction of breathing. As a result, pets with normal weight are able to spend more time in extreme heat than those overweight.

If owners count on their dogs or cats to be their workout buddies, they may want to consider an indoor workout during the summer months. If an outdoor workout is preferred, keep the workout time to the cooler parts of the day – early morning or in the evening. The hot pavement on streets and sidewalks can quickly burn pets’ paws.

The age of a pet is also a factor when it comes to the amount of heat they can withstand. Puppies and kittens are more susceptible to the dangers of overheating because the development of temperature regulating systems comes with age. However, as pets get older, these systems do not function as well. If a dog is overcome by heat exhaustion, it should be immersed in cool water immediately and seen by a veterinarian as soon as possible.

High temperatures can also cause heat stroke in pets.

The symptoms for heat stroke in cats and dogs include:

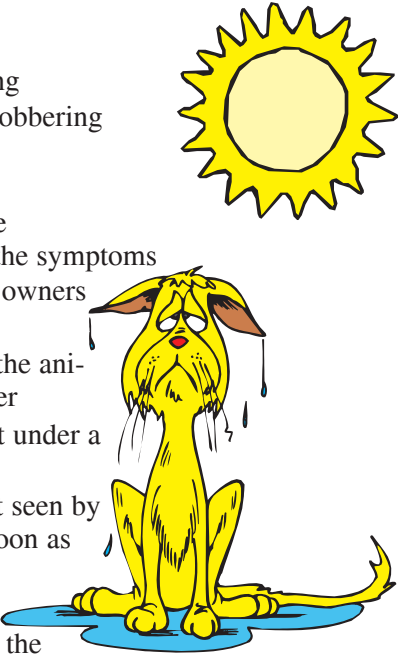
- Twitching
- Rapid panting
- Excessive slobbering
- Vomiting
- Diarrhea
- Racing pulse

To counteract the symptoms of heat stroke, pet owners should:

- Hose down the animal with cool water
- Place the pet under a fan or in a draft
- Have the pet seen by a veterinarian as soon as possible

Also of great importance during the summer months are regular dosages of heartworm medication, as directed by a veterinarian. Mosquitoes transmit heartworm, but it can be prevented. The condition is more prevalent in the summer months because the heartworm needs two weeks at 70 F to develop within a mosquito before it can be transmitted to an animal.

For more information on the impact high temperatures can have on pets, call the local animal shelter or Shaw’s Veterinary Services at **895-9552**.





# Spirit Spotlight



## Staff Sgt. Christian Campbell

**Organization:** 20th Maintenance Operations Squadron  
**Duty title:** Weapon system coordinator  
**Hometown:** Lompoc, Calif.  
**Time in service:** Six years  
**Family:** Wife, Summer and three-year-old son, Micah  
**Off duty interests:** Mixed martial arts and computers  
**Words I live by:** “Do not pray for task equal to your powers. Pray for powers equal to your task. Then, the doing of your work shall be no miracle, but you shall be the miracle.”

# Shaw BITC, pieces of mail get around

By Staff Sgt. Alicia Prakash  
Staff writer

Someone in a blue uniform driving a white truck without doors usually comes to mind when thinking of a mail carrier. Someone in BDUs driving a blue truck also fits the bill of a mail carrier. The United States Postal Office is not the only organization on base that can get mail to its intended recipient. The Base Information Transfer Center gets official mail where it needs to go. BITC allows for organizational mail addressed to specific individuals or units to be distributed throughout Shaw and to other bases.

“We help the Air Force mission by getting information out and on time,” said Senior Airman Keith Brown, 20th Communications Squadron information management technician.

Located in the 20th Support Center, the troops at BITC pick up mail from the Post Office and distribute it to base organizations twice a day, five days a week.

When gathering and distributing the mail, there are two people in each mail truck. Brown said one polices the mail in the vehicle, while the other goes

into offices for collection and delivery.

Though most of the mail is gathered from base or the post office, one mail carrier does come to BITC about two to three times a week.

The BITC mailing system is for official mail. Priority mail has a maximum of 118 inches in length and girth and standard has a maximum of 130 inches. All packages should not exceed 70 pounds.

Brown said if mail is going off base, it should have typed labels.

The postage is not paid by each individual, but by the squadron on a monthly basis.

When sending mail to multiple units at the same

base, pouch mail is an option in BITC. Instead of marking each piece with postage, Base Information Transfer Systems will send all of it as one package or pouch mail.

Within the BITC office, there is a registration cage, limited-access vault that houses mail needing to be tracked and high-class mail.

“Any accountable mail in the cage has an Air Force Form 12, *Accountable Container Receipt*, signed against it,” said Airman 1st Class Francisco Cerda, 20th CS registration manager.

He said before any mail in the cage is removed or added, it must be signed for accountability. Cerda said this helps him to organize the mail to

make it easier and faster for mail to be handled.

Keeping a handle on mail is what BITC personnel do best. Whether driving a blue mail truck or sorting through bundles of base mail, they deliver.



Photo by Staff Sgt. Alicia Prakash

**Brown sorts through boxes of mail daily in the Base Information Transfer Center for distribution to units on and off base.**